



Influenza: Prescription for Health

Your child _____
has an influenza-like illness (fever with a cough or
sore throat). In order to protect your child's health,
and that of others, please follow these
recommendations:

- ☒ Keep your child home until their symptoms are gone and until they have been free of fever (less than 100°F, without the use of a fever-reducing medicine) for at least 24 hours.
- ☒ Have your child get plenty of rest.
- ☒ Have your child drink plenty of fluids.
- ☒ Ask your child's healthcare provider or pharmacist for advice on medicine to ease your child's symptoms, such as acetaminophen (don't give aspirin to a child for a cold or flu).
- ☒ Call your child's healthcare provider if you have any questions.
- ☒ If your child has difficulty breathing, or if symptoms get better then worse, call your child's healthcare provider immediately, or seek emergency medical attention.

Joel McCullough, MD, MPH, Spokane County Health Officer

Today's Date: _____

Parents: For up-to-date
information on seasonal and
pandemic influenza (flu) visit:
www.srhd.org/topics/H1N1.asp

